

NORTH COAST LEISURE CENTRE

Monday 11th October - Saturday 23rd November

DAY	PUBLIC SWIMMING	GYM
MONDAY	11.00-12.00 Open Swimming 12.15-13.00 Water Aerobics 1300-1400 Schools 14.00-15.00 Open Session	11.00-15.00 18.30-19.30 circuits
TUESDAY	16.00-18.00 Open Session 18.00-19.00 Family Session 19.00-20.00 Open Session 20.00-21.00 Adults Only	16.00-21.00
WEDNESDAY	CLOSED	CLOSED
THURSDAY	15.00-18.00 Open Session 18.00-19.00 Over 8's 19.00-20.00 Open Session	1500-2000
FRIDAY	11.00-12.00 Open Session 12.00-12.30 Flexibility and Mobility 12.30-13.20 Open Session 1330-14.30 Family Session (Platform in) 1430-17.00 Swimming Lessons	1100-1700
SATURDAY	10.00-12.30 Swimming Lessons 12.30-13.30 Family Session (Platform in) 13.30-15.00 Open Session (Platform in)	1000-1500
SUNDAY	CLOSED	CLOSED

Last Admissions for pool and gym 45 minutes before closing time.